

# Tulalip Tribe –

## Wellness Program



Tulalip Tribes appreciate you and we are committed to creating and sustaining a company culture that educates, motivates and empowers employees to adopt and maintain healthy behaviors. Our program is designed to provide preventive care solutions in addition to lifestyle tools you need to be healthy and well.

While facing the rising healthcare cost we strive to continue to offer competitive health benefits; allowing you to take care of yourself and your family. The Tulalip Tribes wellness program is vital part of our overall benefits program. We need our employees to share in the responsibility by engaging in the wellness program.

### Who Can Participate

Beginning November 1, 2015 all health plan- covered employees are eligible to participate in the Tulalip Tribes wellness program.

**Required Activities:** *The following activities must be completed by October 31, 2016*

1. Complete a Preventive Exam and Biometric Screenings with a Primary Care Physician
2. Receive 1 Age and Gender appropriate screening
3. Receive 1 Preventive Dental Exam
4. Submit your Physician Visit Packet and Dental Visit Forms to UWellness via fax (713) 714-2273

### In Return, you will receive:

- Bronze Plan Members will receive a \$50.00 gift card to Tulalip Resort Casino
- Gold and Platinum Plan Members will receive a discount in 2017 on their medical plan premium

Being healthy is a perk you can enjoy for life. This is your chance to get inspired about taking control of your health and earn rewards!

